

**Take the step toward a healthier life...**

- Place yourself and your health first
- Support your body's desire to heal
- Commit to your ideal diet and lifestyle
- Benefit from the expertise of an integrated medical doctor

# Health Naturally

## Contact Us

Tel: 780.423.6633  
[www.miramas.com](http://www.miramas.com)

## Miramas Health Clinic

Integrating European Biological  
Medicine with Natural Therapies

## Holistic Medicine for holistic people

At Miramas Health Clinic we believe each individual is a matrix of interconnectedness – physically, mentally, emotionally and spiritually.

Since the components of the body operate inter-dependently rather than independently, we treat the whole being rather than just the symptoms.

In our system, your symptoms provide clues as to your current state of overall health.

## Lead by a talented Medical Director

Dr. Loretta Kershaw DHM, DNM, MD is a Cuban trained Medical Doctor, who has studied and worked with many natural medicine therapies. She is a leading practitioner in European Biological Medicine and Psychosomatic Energetics.

## The patient: a part of the team

We recognize that healing requires active participation on the part of the patient. The outcomes and progress are linked to the individuals' attitudes, responses and beliefs surrounding their ability to heal.

We hope to empower people to become responsible for their own health. Ideally, the patient can learn from their illness and see their situation as an opportunity to grow.



**We treat people  
not diseases**

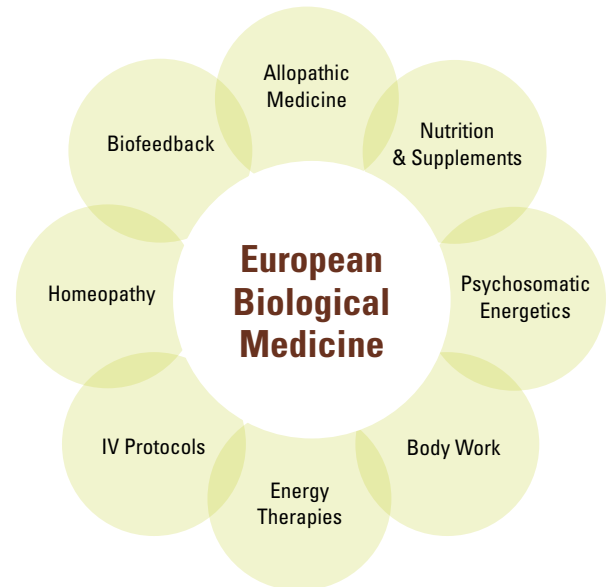


When multiple disciplines join together they can accelerate the healing process by working on many levels simultaneously.

## **A truly integrated** approach to healing

Miramas Health Clinic is the only clinic in Canada that offers European Biological Medicine and multiple health disciplines in a truly integrated health model for all patients.

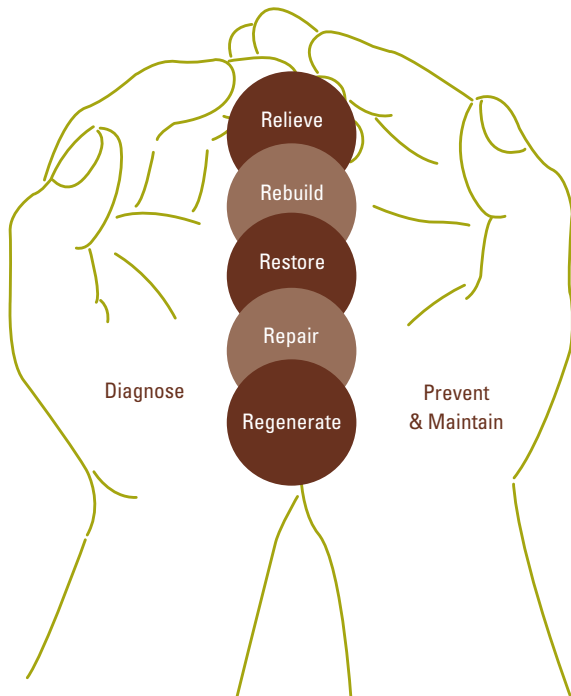
Since Dr. Kershaw has trained in each of these disciplines, she manages which treatment to use and at which time to optimize the healing of each patient.



## A unique approach to health

**It is our goal to help eliminate the cause of the illness by activating the body's own healing powers.**

Relieving any uncomfortable symptoms is part of the process, but not the end goal. Rather, we aim to return the body into a balanced state by removing the toxins, or energy blocks, and allow self-regulation to work again. This includes resolving any deficiencies and providing energy and nutrition to the damaged areas.



Realize that we do not offer a quick fix; we aim to transform people. Therefore, expect to commit to a minimum of six months to your program and longer if you have lived with a chronic condition.

We have a structured  
**treatment process**

